

Can't Stop The Feeling Depression

TALK IT OVER

Key Scripture

But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that. 1 Timothy 6:6-8 NIV

Key Question

Pastor Dre suggests that dissatisfaction leads to depression, what in your life are you presently dissatisfied about?

How to Be Dissatisfied

1. Focus on being ungrateful.

Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. 1 Thessalonians 5:16-18 NIV

2. Compare what you have to people who have more.

We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise. 2 Corinthians 10:12 NIV

3. Pursue temporary possessions over eternal treasures.

Then he said to them, "Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions." Luke 12:15 NIV

4. Develop and attitude of entitlement.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. Romans 6:23-24 NIV

**"GRATITUDE TURNS WHAT WE
HAVE INTO ENOUGH."**

Start talking. Find a conversation starter for your group.

- What would you do if you won the lottery?
- How much money do you think it would take to make your life better or easier?

Start thinking. Ask questions to get your group thinking.

- Read 1 Timothy 6:6-8. Food and clothing—what do you add to this list to be happy?
- Read Luke 12:16-21. What do you think it means to be rich toward God?
- Why do you think it's so easy to go after temporary stuff instead of eternal treasure?

Start sharing. Choose questions that create openness.

- If the way you live could speak, what would it list as the five things you value most? How do you feel about the list?
- What is the one thing you think you need to be fully happy? Does it offer anything that Jesus can't?
- Share about a moment when you realized Jesus was enough. What brought you to this moment?

Start praying. Be bold, and pray with power.

- Jesus, You are enough. More than enough. Forgive us for looking beyond You and Your provision to try to increase our own happiness somehow. Show us how to lean fully on You and Your Holy Spirit. Amen.

Start doing. Commit to a step, and live it out this week.

- What do you have or are you trying to obtain that you don't really need for happiness? Simplify by giving some things away this week.
- Take what you have learned and put it into action by doing something this week to help that person through their difficult time. One idea is to use God's example of telling Elijah to rest by doing something for that person that would allow them some rest. Here are some ideas you might want to consider in carrying out your task:
 - Prepare some meals and take them to their house.
 - Offer to help with housework, run errands or help with yard work.
 - Help meet a financial need that person may have.
 - Take that person out to dinner and a movie. Give them an evening of fun and fellowship.
 - Help babysit their children to allow that person some time to rest.

Final thought: Even if your greatest fear or "what if" occurs in your life, God will be there for you to help rise above it. God will always be enough for you. Pray for those in your group that are struggling with depression, as well as those that are struggling with fears and exhaustion. Ask that God will work in them to remove these feelings from their life just as He did Elijah.